

Co-Ed Volleyball Rules

City of Abilene



*****Spring league rule revision: Everyone is allowed to hit at the net, just keep in mind that this is a recreational league, not the big leagues. Be mindful of who your opponents are.**

General League Rules :

- 1A.** All players must be registered and fill out a waiver before game play.
- 1B.** All players must be at least 18 years of age.
- 1C.** Roster limit is 10 (at least 2 women on the team).
- 1D.** Captains must fill out a roster at the scorekeeper table before game play and write down scores at the end of the game
- 1E.** A team must consist of 6 players (at least 2 women) but may play a game with as little as 4 players (at least 2 women) with consent from the opposing team. A team cannot play without any women.
- 1F.** To receive a forfeit win, a team must have its 6 (or 4 minimum) (at least 2 women) players on the court.
- 1G.** It is highly recommended that you don't wear jewelry (i.e. chains, earrings, rings, watches).
- 1H.** Players must wear athletic shoes.
- 1J.** Net is set at a COED net height. (7'8")
- 1K.** There must be 2 women on the court at all times.
- 1L.** Score will be kept and we will have an official present.
- 1M.** A tournament will be held the Saturday after the league ends.

Roster Changes :

- 2A.** Registration closes the day before league starts. No roster changes will be accepted after that day.

Pre Game :

- 3A.** Forfeit time is 5 minutes after the scheduled time of the game.
- 3B.** Teams will have 3-5 minutes to warm up between games.
- 3C.** At the beginning of the game, captains will flip a coin and choose either serve, side, or receive. The team losing will take one of the remaining choices.

Game Play :

- 4A.** Teams will have 5 minutes to warm up then the game will start.
- 4B.** Best 2 out of 3 matches decide the winner.
- 4C.** Rally format will be used.
- 4D.** First 2 games are to 25 and if needed third game will be to 15 (Cap of 30 for first 2 sets and 18 for the third set)
- 4E.** If a third set is not needed, teams can elect to play it if time permits.
- 4F.** Each team gets one 30 second timeout per game.
- 4G.** Intermissions between games will be 1 minute.
- 4H.** Team switches sides and service each game.

4I. If a team has 5 players (2 have to be female), they must do 3 in the back row and 2 in the front row or vice versa. Back row cannot hit at the net in this rotation. They need to let the official or other team know how the rotation is set up so he/she/they can monitor.

4J. If a team has less than 6 players, they have to still do a rotation.

Hitting Rules :

5A. The ball may touch any part of the body to count as a hit. (Kicking **is not** allowed.)

5B. The ball must be hit or set, cannot be caught and thrown.

5C. The ball cannot be hit more than 3 times on the same side before going over the net unless it is a block then you can block then hit 3 times then over the net.

5D. Double contact on one player is only allowed in a block.

5E. Hitting the net with any part of your body or clothes is a fault.

5F. Back row can hit the ball if it is behind the 10ft line. Jumping in front of the 10 ft line to hit is not allowed as a back row player.

5G. Everyone is allowed to hit at the net, just keep in mind that this is a recreational league, not the big leagues. Be mindful of who your opponents are.

5H. Lifting (flat hands up), throwing, carrying etc. is not allowed.

Other Playing Rules :

6A. Players may go under the net to play ball but cannot interfere with any opposing players.

6B. If the serve hits the net but still goes over, it is in play. (let serve rule)

6C. You can let the ball drop in front of you when serving and it is called a service toss error you can try again. Limit 1 per rotation per player.

6D. Players may not block or attack-hit a serve when above the net.

6E. If any foreign object comes into the court then the ball becomes dead and the point is replayed.

6F. A player may go outside of the court to play the ball

6G. Balls in the rafters are still in play when over a team's own court and falls back into the team's own court, provided they still have any hits left to get it across. Balls may **NOT** be played off of the side walls or columns.

Substitutions :

7A. Teams must play every player and cannot have less than 2 women on the court at a time.

Weekly scores & schedules will be posted to <https://www.quickscores.com/abilenetx>

*The league coordinator reserves the right to call out unsportsmanlike conduct (first offense is warning, second offense is a point given to the opposing team, third offense is ejection from the game. Any person ejected shall leave the facility immediately. Failure to do so may result in ejection from the league indefinitely.)

***Refunds will not be given for ejections or suspensions for unsportsmanlike conduct.**

Please remember this is a recreational league and to treat everyone with grace, dignity and respect.

If you have any questions, call Rose Park Recreation Center at 325-676-6445

*City of Abilene Recreation Leagues reserves the right to amend rules as we see fit.

*last edit -March 5th, 2024